

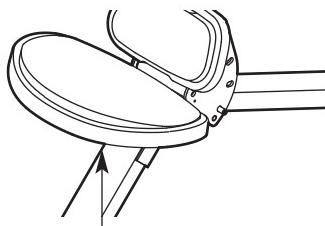
PRO-FORM®

COREMASTER

Model No. PFBE1144.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

1-888-533-1333

Mon.-Fri., 6 a.m.-6 p.m. MST

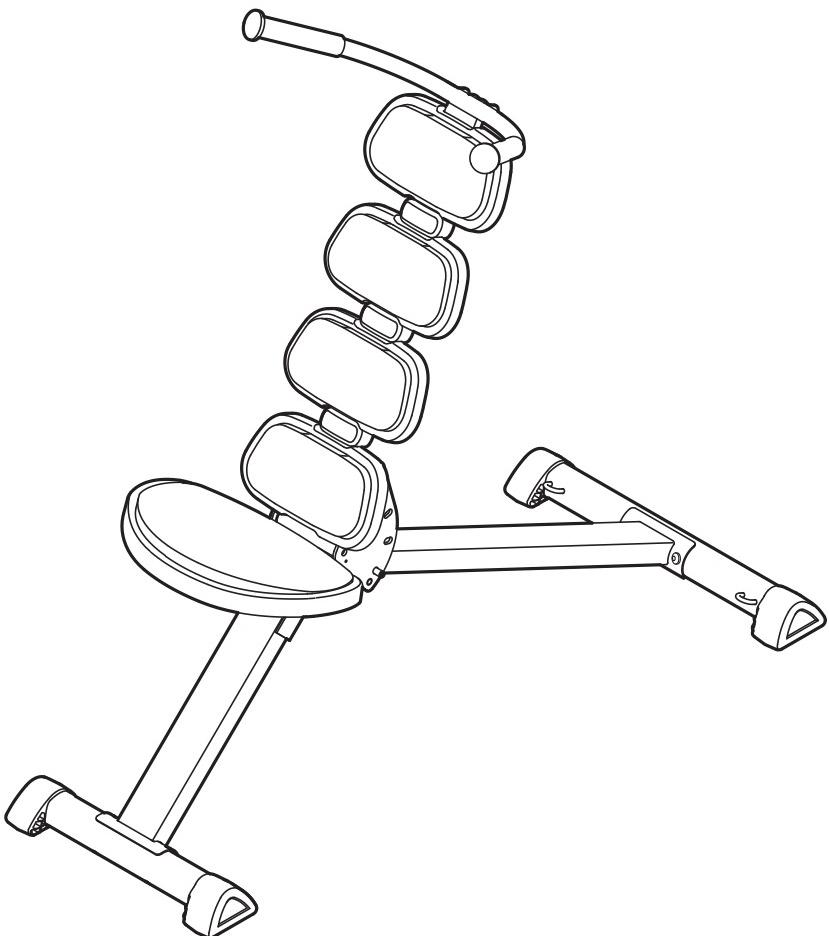
ON THE WEB:

www.proformservice.com

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at
www.proform.com
new products, prizes,
fitness tips, and much more!

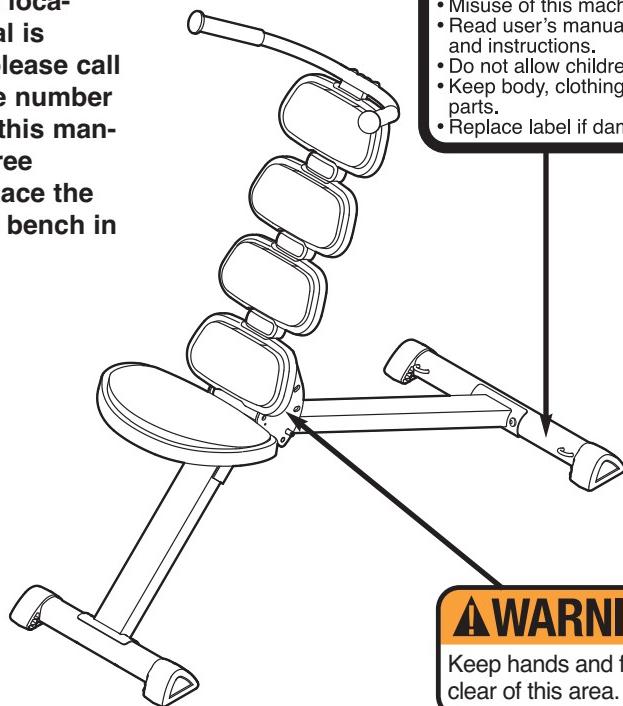
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The warning decals shown here have been placed on the exercise bench in the locations shown. If a decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Place the decal on the exercise bench in the location shown.



WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

WARNING

Keep hands and fingers clear of this area.

This decal is placed on both sides of the backrest pivot frame.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise bench.

1. Read all instructions in this manual and all warnings before using the exercise bench. Use the exercise bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise bench are adequately informed of all precautions.
3. The exercise bench is intended for home use only. Do not use the exercise bench in any commercial, rental, or institutional setting.
4. Keep the exercise bench indoors, away from moisture and dust. Place the exercise bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise bench to mount, dismount, and use the exercise bench.
5. Make sure all parts are properly tightened each time the exercise bench is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the exercise bench at all times.
7. Keep hands and feet away from moving parts.
8. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise bench. Always tie back long hair to prevent it from becoming caught in moving parts or pulleys. Always wear athletic shoes for foot protection while exercising.
9. Always make sure the backrest bracket is fully engaged before using the backrest.
10. The exercise bench is designed to support a maximum user weight of 300 pounds.
11. Use the exercise bench only with the included resistance or with the resistance included with a PROFORM Power Pak. The exercise bench is not designed to be used with weights.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

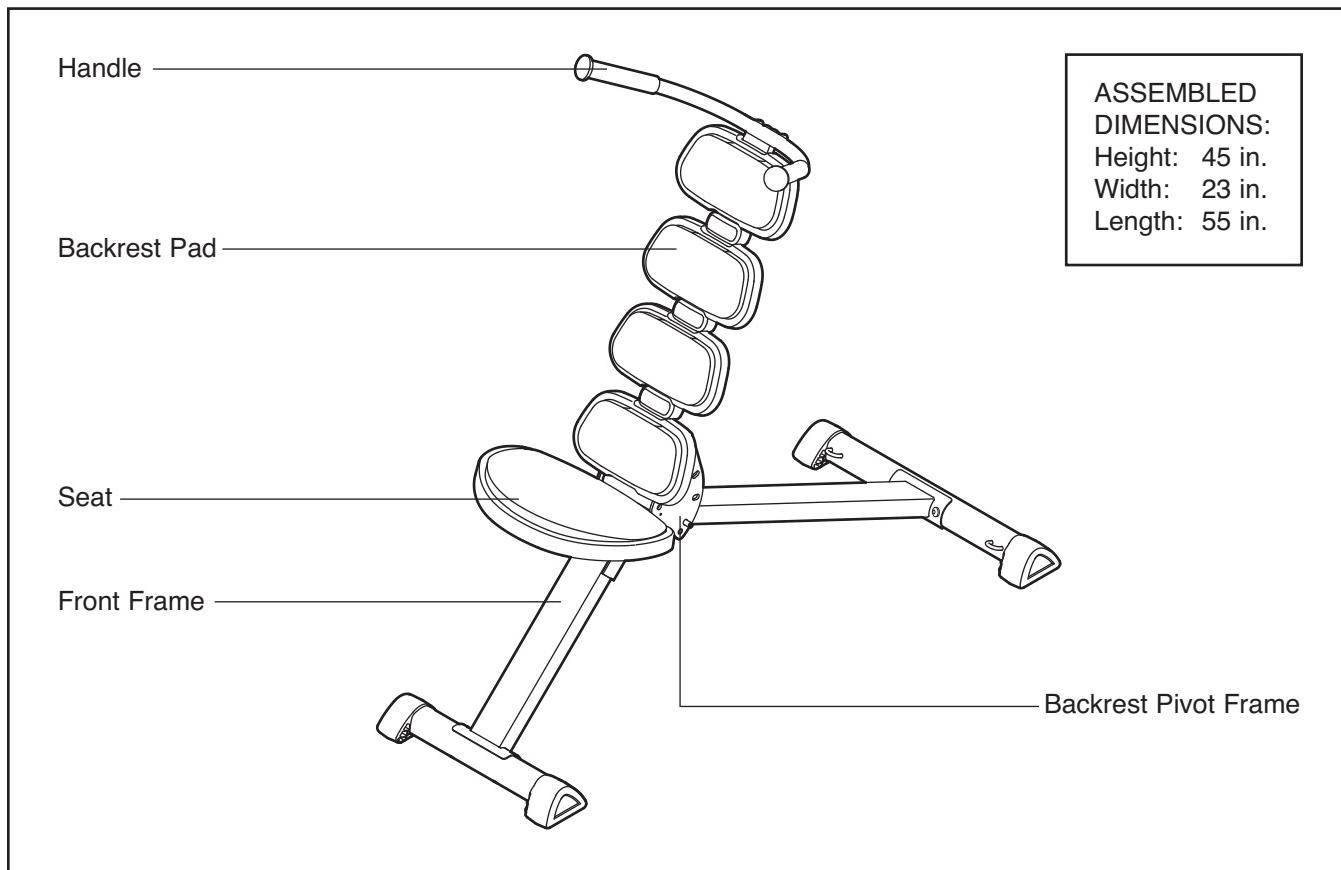
Thank you for selecting the versatile PROFORM® COREMASTER exercise bench. The exercise bench is designed to develop the abdominal muscle group. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the exercise bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the exercise bench. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The

model number is PFBE1144.0. The serial number can be found on a decal attached to the exercise bench (see the front cover of this manual for the location of the decal).

To avoid a registration fee for any service needed under warranty, you must register the exercise bench at www.proformservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

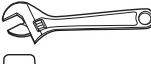
Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

• As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

• **For help identifying small parts, use the PART IDENTIFICATION CHART.**

The following tools (not included) may be required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Clear tape or masking tape, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

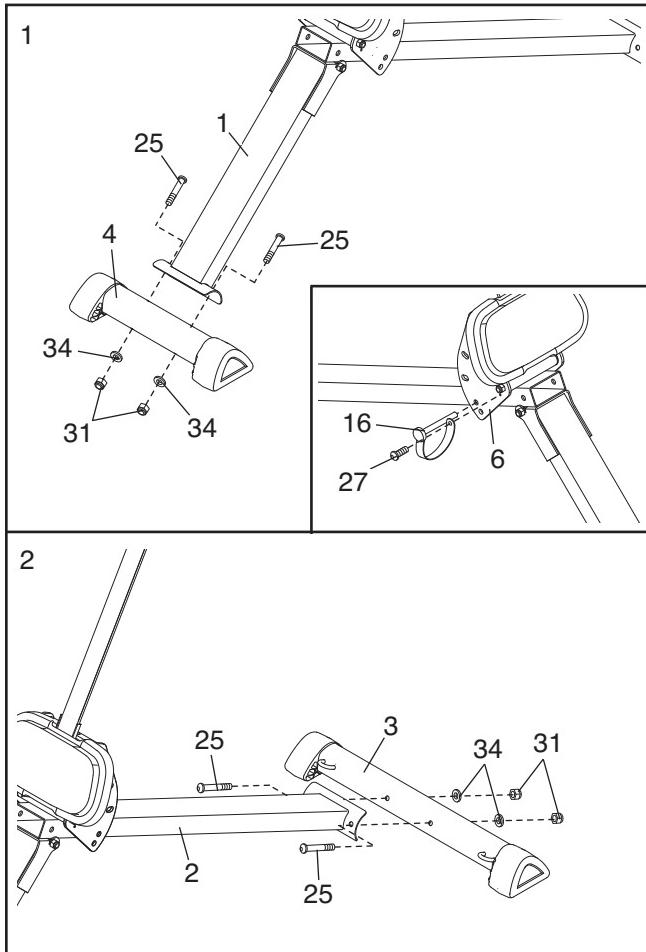
1. **Before beginning, make sure you understand the information in the box above.**
Note: Some parts described in the assembly steps may be pre-assembled.

See the inset drawing. Attach the Long Pin (16) to the Backrest Pivot Frame (6) with an M4 x 20mm Self-tapping Screw (27). Adjust the Backrest Frame (not shown) to the upright position and insert the Long Pin into the Backrest Pivot Frame and Rear Frame (2).

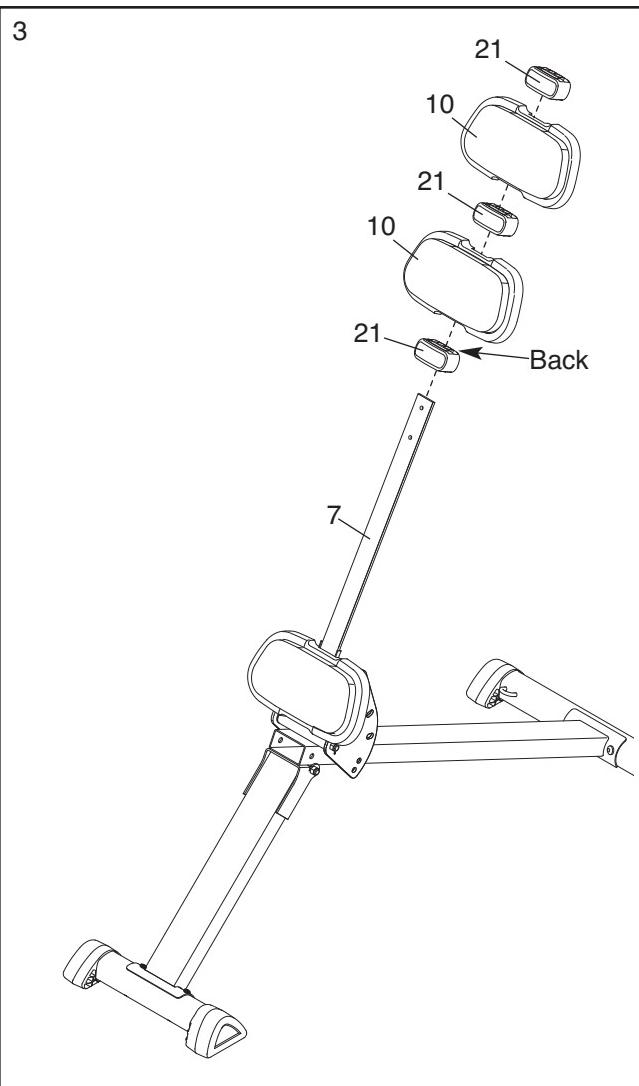
Attach the Front Stabilizer (4) to the Front Frame (1) with two M8 x 70mm Button Bolts (25), two M8 Washers (34), and two M8 Nylon Locknuts (31). **Do not tighten the Locknuts yet.**

2. Attach the Rear Stabilizer (3) to the Rear Frame (2) with two M8 x 70mm Button Bolts (25), two M8 Washers (34), and two M8 Nylon Locknuts (31).

Tighten the M8 Nylon Locknuts (31) used in steps 1 and 2.

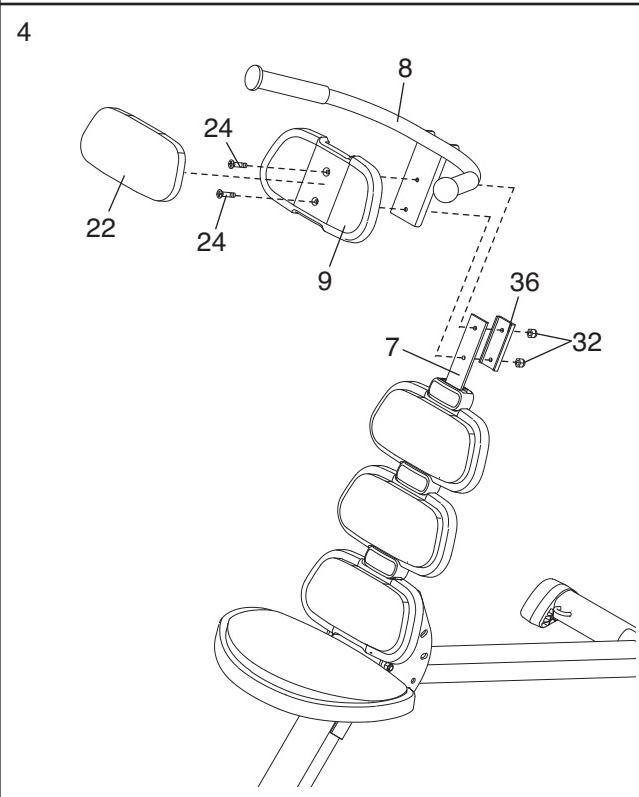


3. Slide the three Support Spacers (21) and two Middle Backrest Supports (10) onto the Backrest Frame (7) as shown. **Make sure that the round holes in the Support Spacers are toward the back.**

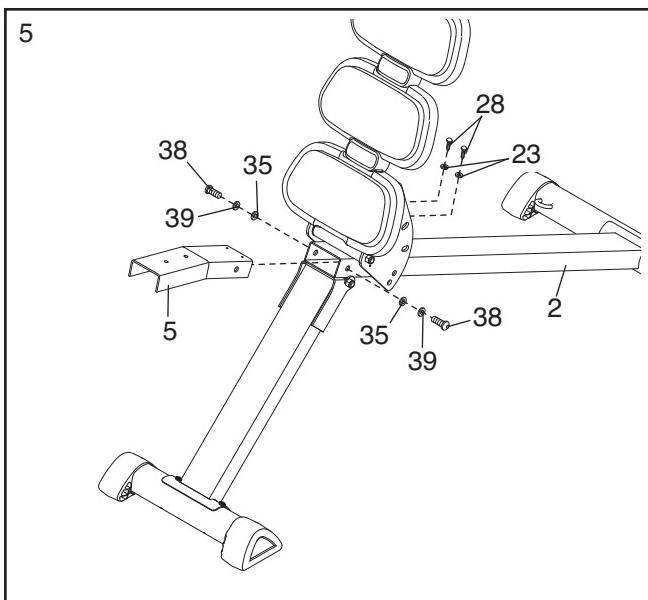


4. Attach the Top Backrest Support (9) and the Handle (8) to the Backrest Frame (7) with two M6 x 27mm Flat Head Screws (24), the Upper Bracket (36), and two M6 Nylon Locknuts (32).

Remove the paper backing from the Backrest Pad (22) and press the Backrest Pad onto the Top Backrest Support (9). **Note: The exercise bench can be used after 15 minutes. Use the exercise bench carefully for the first 24 hours while the Pad adhesive sets completely.**



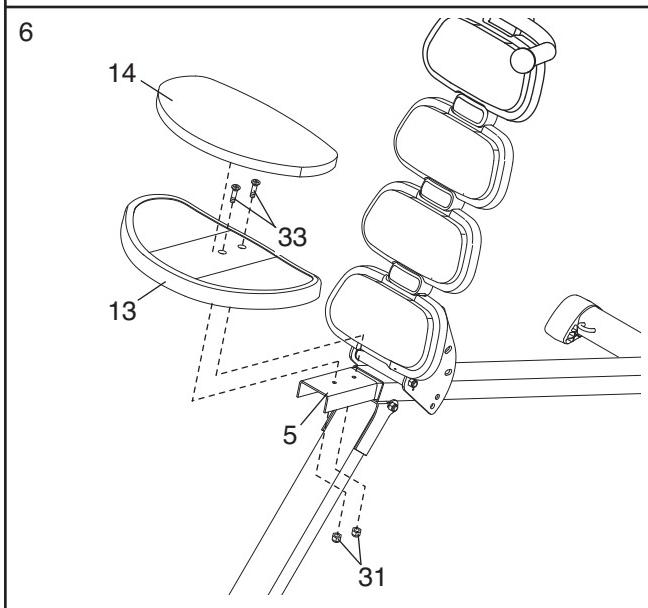
5. Attach the Seat Frame (5) inside of the Rear Frame (2) with two M4 x 16mm Self-tapping Screws (28) and two M4 Washers (23). Tighten two M6 x 16mm Screws (38), two M6 Lock Washers (39), and two M6 Washers (35) into the two Frames.



6. Attach the Seat Support (13) to the Seat Frame (5) with two M8 x 25mm Flat Head Bolts (33) and two M8 Nylon Locknuts (31).

Remove the paper backing from the Seat Pad (14), and press the Seat Pad onto the Seat Support (13). **Note: The exercise bench can be used after 15 minutes. Use the exercise bench carefully for the first 24 hours while the Pad adhesive sets completely.**

7. Make sure that all parts are properly tightened before using the exercise bench.



ADJUSTMENTS

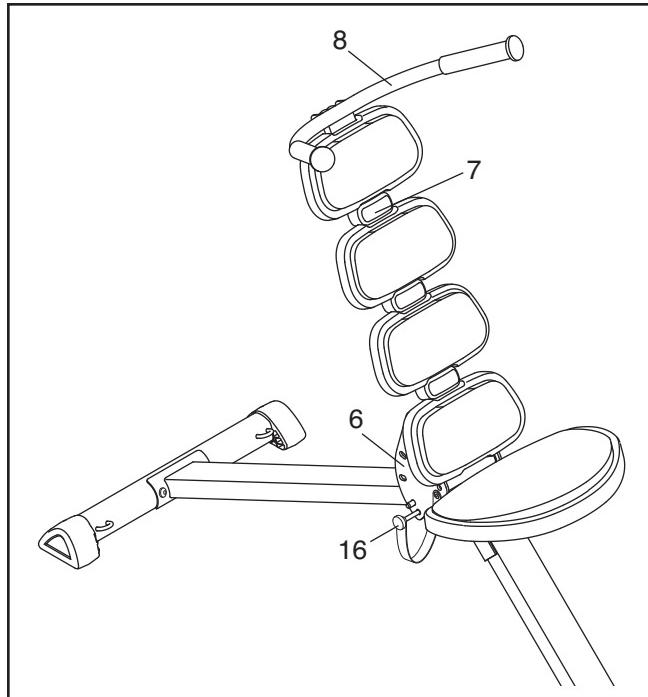
This section explains how to adjust the exercise bench. See the EXERCISE GUIDELINES on page 9 for important information about how to get the most benefit from your exercise program. Refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the exercise bench is used. Replace any worn parts immediately. The exercise bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST FRAME

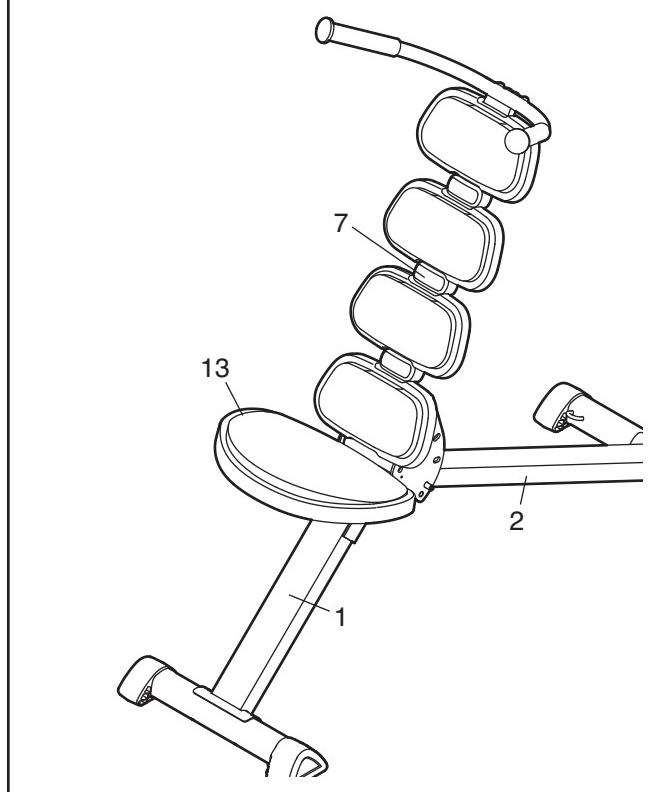
To change the position of the Backrest Frame (7), hold the Handle (8) with one hand and remove the Long Pin (16) from the Backrest Pivot Frame (6). Move the Backrest Frame to the desired position and reinsert the Long Pin into the Pivot Frame and Rear Frame (2).

WARNING: Always make sure the Long Pin (16) is fully inserted into the Backrest Pivot Frame (6) and Rear Frame (2) before using the exercise bench.



STORING THE EXERCISE BENCH

To store the exercise bench, adjust the Backrest Frame (7) to the most declined position (see ADJUSTING THE BACKREST FRAME above). Then, lift on the seat and fold the Front Frame (1) under the Rear Frame (2).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

MUSCLE BUILDING

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

TONING

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

WEIGHT LOSS

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

CROSS TRAINING

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

- Rest for a short period of time after each set. The ideal resting periods are:
- Rest for three minutes after each set for a muscle building workout.
 - Rest for one minute after each set for a toning workout.
 - Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

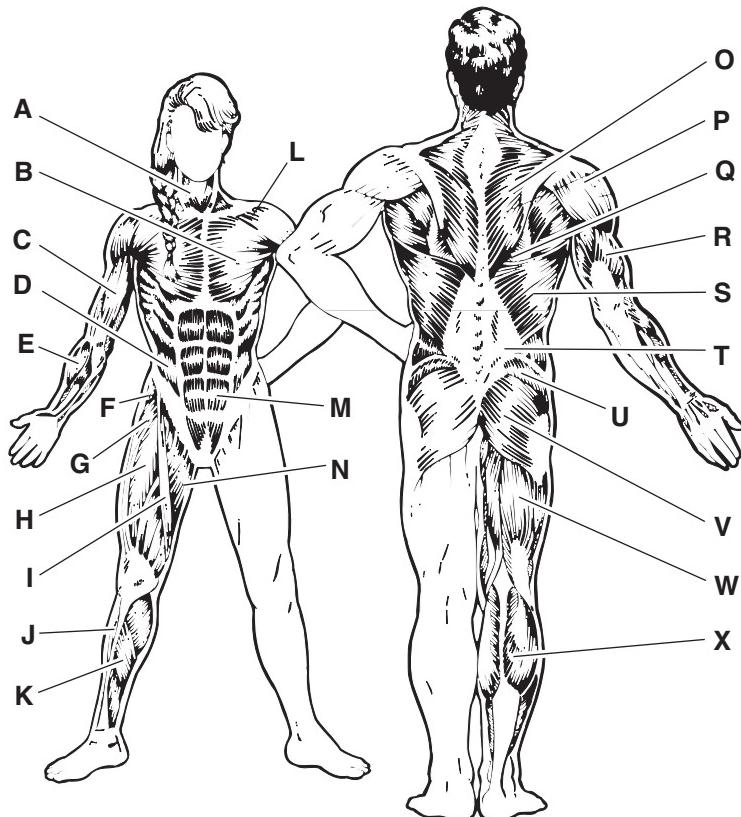
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 11 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date:				
/ /				

TUESDAY AEROBIC EXERCISE

Date:
/ /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date:				
/ /				

THURSDAY AEROBIC EXERCISE

Date:
/ /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date:				
/ /				

Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART—Model No. PFBE1144.0

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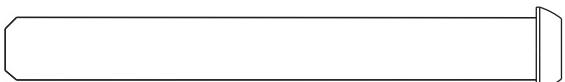
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**



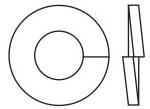
M4 Washer (23)



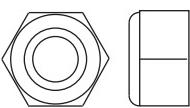
M6 Nylon Locknut (32)



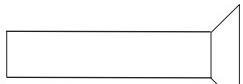
M8 x 70mm Button Bolt (25)



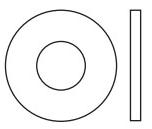
M6 Lock Washer (39)



M8 Nylon Locknut (31)



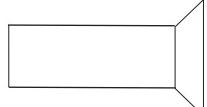
M6 x 27mm Flat Head Bolt (24)



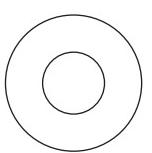
M6 Washer (35)



M4 x 16mm Self-tapping Screw (28)



M8 x 25mm Flat Head Bolt (33)



M8 Washer (34)



M4 x 20mm Self-tapping Screw (27)



M6 x 16mm Screw (38)

PART LIST—Model No. PFBE1144.0

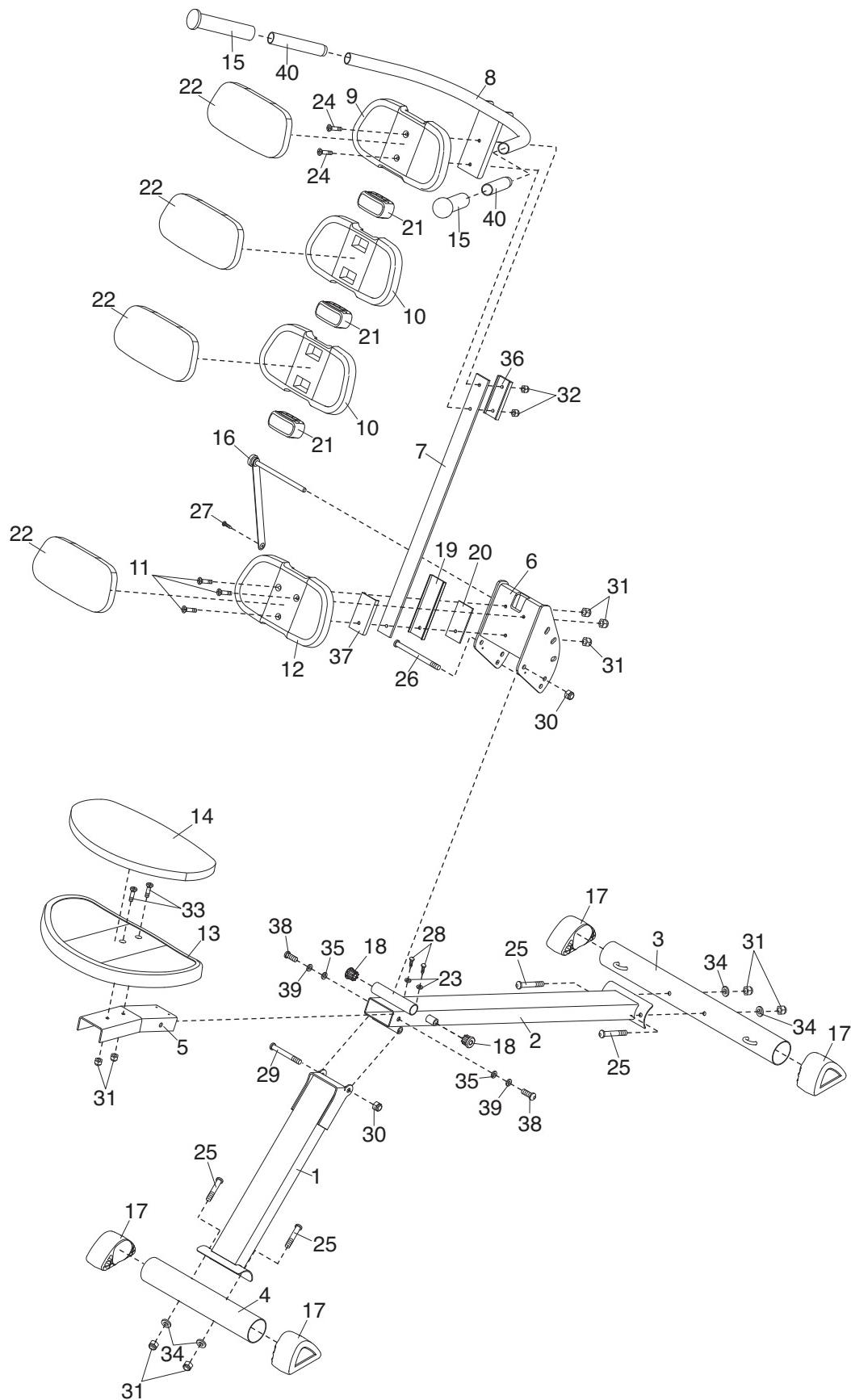
R0605A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Front Frame	23	2	M4 Washer
2	1	Rear Frame	24	2	M6 x 27mm Flat Head Bolt
3	1	Rear Stabilizer	25	4	M8 x 70mm Button Bolt
4	1	Front Stabilizer	26	1	M10 x 148mm Button Bolt
5	1	Seat Frame	27	1	M4 x 20mm Self-tapping Screw
6	1	Backrest Pivot Frame	28	2	M4 x 16mm Self-tapping Screw
7	1	Backrest Frame	29	1	M10 x 96mm Button Bolt
8	1	Handle	30	2	M10 Nylon Locknut
9	1	Top Backrest Support	31	9	M8 Nylon Locknut
10	2	Middle Backrest Support	32	2	M6 Nylon Locknut
11	3	M8 x 45mm Chamfer Head Bolt	33	2	M8 x 25mm Flat Head Bolt
12	1	Bottom Backrest Support	34	4	M8 Washer
13	1	Seat Support	35	2	M6 Washer
14	1	Seat Pad	36	1	Upper Bracket
15	2	Handle Grip	37	1	Lower Bracket
16	1	Long Pin	38	2	M6 x 16mm Screw
17	4	Stabilizer Endcap	39	2	M6 Lock Washer
18	2	25mm Round Bushing	40	2	Handle Extension
19	1	136mm Nylon Plate	#	1	User's Manual
20	1	Backrest Plate	#	1	Hex Key
21	3	Support Spacer	#	1	DVD
22	4	Backrest Pad			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFBE1144.0

R0605A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PFBE1144.0)
2. The NAME of the product (PROFORM COREMASTER exercise bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813